

KIDDE QUITTERS

Smoking Cessation Incentive Program

Dear Active Kidde Covered CIGNA Member:

Congratulations on your decision to go smoke-free! Kidde and CIGNA HealthCare are pleased to assist you in this important step toward improving your health and well-being. To support your tremendous efforts, we offer you this complimentary *Kidde QUITTERS Smoking Cessation Kit*. The kit includes:

- A variety of educational resources on smoking cessation;
- A list of smoking cessation websites;
- A copy of *Freedom From Smoking*, a resource guide published by the American Lung Association; and
- Information on the *Kidde QUITTERS Smoking Cessation Incentive Program*, designed exclusively for Kidde active employees and their dependents who are covered under the Kidde Medical Plans insured by CIGNA Healthcare.

You are doing one of the best things you can do for yourself and the people around you! Quitting smoking will reduce your risk of serious illness, such as heart disease, emphysema and lung cancer. As a non-smoker, you can look forward to better health, more energy and an improved sense of control.

We hope you will continue to make improvements in your health and well-being in the future. Kidde and CIGNA HealthCare will continue to assist you in your efforts to lead a healthier, happier lifestyle.

If you have any questions about the *Kidde QUITTERS Program*, please contact Jill Kaplan, Senior Health and Welfare Administrator, at 508.229.5559 or email: Jill.Kaplan@kidde.com.

Once again, congratulations! We wish you the very best of health!

Sincerely,

KIDDE and CIGNA HealthCare

